

The Danish case of outdoor daycare and school

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Plan

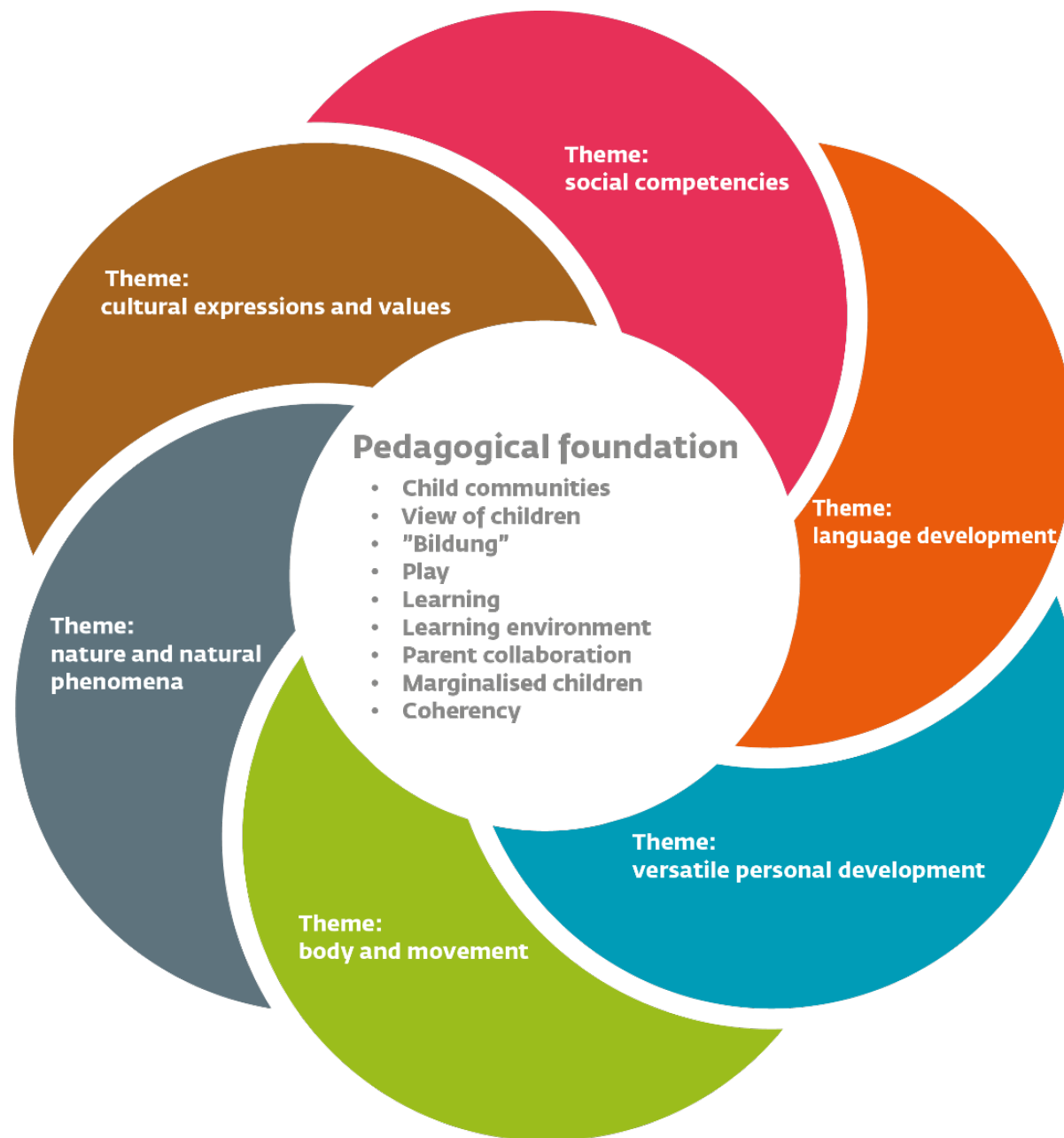
- Understanding well-being
- The Danish daycare
- Outdoor daycare – Research Results
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- Conclusion

Understanding Well-being

- Well-being is a complex and much-debated field, and examining it from multiple perspectives is essential for a comprehensive understanding
- Well-being encompasses both the physical and mental health of children and young people. It also includes the formation of meaningful relationships
- Neglecting any facet of well-being may result in overlooking a child or young person in distress
- Effective early interventions often deal with improving children's relationships with each other and with professional adults

A few facts about Danish Daycare

- Daycare involves children aged 0-6, and outdoor life is part of the Danish curriculum for this area
- Above 90 % are enrolled in daycare
- Denmark uses approximately 30 billion DKK yearly on daycare facilities
- Approximately 40 % of the employees in daycare do not have an official diploma
- From 2008 – 2021 net expenses for daycare on a national level has decreased with 0,7 billion DKK



Outdoor daycare – Research Results

Methods

Quantitative exploration in breadth which included a national survey

37 institutions were identified as “lighthouse” institutions

The *lighthouse* institutions were subject to in-depth qualitative investigation

Results from Come on Out

- Approximately between 20% and 30% of all Danish kindergartens consider themselves nature kindergartens.
- One defining characteristic of nature kindergartens is that they spend 3-5 hours per day outdoors and in nature
- 75 % of all kindergartens go on a nature trip at least once a week

- Positively affects children's strength, flexibility, coordination and endurance
- Positively affect children's overall health, weight, allergies, number of sick days
- Reduces stress, where children play for longer stretches of time with more concentration



- Provides a space for using the body in play, strengthening children's robustness
- Boys and girls tend to play more together than in other institutions
- Opportunities for supporting children's attention, creativity and fantasy





- Positive effect on children's affiliation for an opinions of nature
- The way pedagogues communicate about nature has a big effect on children's knowledge of and interest in nature

Outdoor school – Research Results

Outdoor school and TEACHOUT

- Outdoor education and outdoor school integrate outdoor environments in the teaching. Consistent outdoor education is called outdoor school
- Can potentially increase learning, physical activity, social relations, school motivation and well-being
- Is most impactful when there is a transfer of knowledge between traditional classroom instruction and outdoor teaching practices
- Had a notably positive impact on students' internal motivation for academic work, as measured by the Academic Self-Regulation Questionnaire (SRQ-A). This constitutes the most strongly supported aspect of well-being in outdoor education
- Outdoor school had no apparent impact on various psychological challenges measured with the SDQ



Challenges

- Management
- Routines and logistics
- Different local environments
- Holistic interpretation of children's well-being



Conclusion

Outdoor life and outdoor daycare strengthen the well-being of children and young people by:

- Their mental and psychological well-being
- Their resilience
- Their relationship skills

Thank you for your attention

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